



Apple, Fennel & Chicken Salad with Couscous

Prep time: 30 minutes

Makes: 4 Servings

A refreshing, crunchy, sweet-savory salad featuring a play of fresh chopped apples, fennel and chicken breast blended with whole wheat couscous and spinach, then topped with lemon balsamic vinaigrette.

Ingredients

12 ounces boneless chicken breast (2-3 breasts)

3 tablespoons olive oil (divided)

1 cup whole wheat couscous

2 medium red apples

1 tablespoon lemon juice (divided)

1 fennel bulb

1 tablespoon balsamic vinegar

1 tablespoon sugar

Nutrition Information

Nutrients	Amount
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Calories	440
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Total Fat	16 g
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Saturated Fat	2 g
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Cholesterol	45 mg
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Sodium	260 mg
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Total Carbohydrate	56 g
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Dietary Fiber	6 g
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Total Sugars	13 g
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Added Sugars included	3 g
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Protein	25 g
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Vitamin D	0 mcg
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Calcium	63 mg
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Iron	3 mg
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Potassium	508 mg
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N/A - data is not available

MyPlate Food Groups

Fruits	1 cup
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Vegetables	1 cup
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Grains	3 ounces
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Protein Foods	2 1/2 ounces
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1/4 teaspoon salt

1/8 teaspoon ground black pepper

3 1/2 cups Fresh Baby Spinach (about 3.5 cups)

1/8 cup walnuts (chopped, may use pecans or almonds)

Directions

1. Slice chicken breasts crosswise into 1/2" strips.
2. Heat 1 tablespoon olive oil in large skillet over medium heat.
3. Add chicken, cook 8-10 minutes until done, stirring occasionally, remove from heat.
4. While chicken is sautéing, cook couscous according to package directions, let cool.
5. Core and chop apples, place in large bowl; toss with 1 tablespoon lemon juice.
6. Chop fennel bulb (discarding stem and fronds) and add to bowl.
7. In a small bowl, whisk remaining oil and lemon juice with balsamic vinegar, sugar, salt, and pepper.
8. Add chicken, couscous, spinach, and nuts to bowl with apples and fennel.
9. Drizzle with dressing, toss to coat, and serve.
10. Can be made several hours ahead and refrigerated.

Notes

Weekly Menu Planning Tip : When you are planning a dinner with chicken, cook up extra chicken breast and refrigerate for later use with another recipe.

Serve with 8 oz. non-fat milk.

Source: Produce for Better Health Foundation